



## Final Event Instructions READ CAREFULLY

### Friday, January 12, 2018

Health & Lifestyle Expo ..... 12 to 5 p.m.

### Saturday, January 13, 2018

Kids Marathon Mile at LEGOLAND® ..... 8 a.m.

Health & Lifestyle Expo ..... 10 a.m. to 5 p.m.

### Sunday, January 14, 2018

Marathon Start ..... 6:15 a.m.

Surf Sun Run 5K ..... 6:45 a.m.

Half Marathon Start ..... 7:45 a.m.

### HEALTH & LIFESTYLE EXPO

The expo takes place under a “big top” tent in the southwest parking lot of The Shoppes at Carlsbad, 2525 El Camino Real, Carlsbad, CA 92008. See above for expo hours and note that pets are not allowed inside the expo tent.

### BIB NUMBER, SHIRT AND 1/4 ZIP PICKUP

You must attend the expo to pick up your bib number, shirt and 1/4 zip. To pick up your bib number, you must present a photo ID, this is for your protection and no exceptions will be made. If you're unable to attend the expo, you may authorize someone to pick up your items for you. This person must come with a photocopy or electronic copy of your photo ID.

### TIMING

We use ChronoTrack's B-tag timing system. The back of your bib number will have a plastic strip which is the B-tag, do not remove the B-tag, it stays affixed to the bib number and doesn't need to be affixed to your shoelaces. Bib numbers must be worn on the front of your body.

### DIRECTIONS TO THE RACE

The expo, and race start and finish lines all take place at The Shoppes at Carlsbad, 2525 El Camino Real, Carlsbad, CA 92008.

**Traveling South on I-5:** Take Highway 78 east to El Camino Real exit and turn right. Follow signs and parking personnel instructions.

**Traveling North on I-5:** Help ease congestion and avoid possible delays on Highway 78 by taking any of the following exits off Interstate 5: La Costa, Poinsettia, Tamarack or Carlsbad Village Drive. Upon exiting the freeway, head east to El Camino Real. At El Camino Real turn left (heading north). At El Camino Real and Marron Road follow the signs and parking personnel instructions.

### CARPOOL TO THE RACE

Reduce our carbon footprint and carpool to the race. Ask others to rideshare with you or use our Facebook page to find a few other racers to share the ride with. For Park and Ride locations and to learn more visit [www.icommutesd.com](http://www.icommutesd.com).

### UBER & LYFT

If you travel to the race using either Lyft or Uber, please instruct your driver to drop you off at the runner dropoff area located on Monroe Street just north of Carlsbad Village Drive. Follow the signs and instruction of parking personnel.

### RACE DAY PARKING

Parking is available at The Shoppes at Carlsbad (race site); however, it will be **VERY BUSY**. Additional race parking will be available east of El Camino Real on Marron Road and Haymar Drive - look for “Curbside Parking” signs. **Delays getting in and leaving after the race are guaranteed.** Give yourself an extra thirty to forty-five minutes travel time before the race. We also strongly suggest you carpool if possible (see below left). When exiting after the race you must exit as advised by parking personnel. **Expect delays and avoid leaving during peak exit times of 10 to 11 a.m.**

### RACING CHAIRS AND HANDCYCLES

A limited number of racing chairs and handcycles are allowed to participate in the half marathon only. If you have registered to participate in the half marathon and will be using a handcycle or push rim wheelchair, you must email [info@inmotionevents.com](mailto:info@inmotionevents.com) today and include your full name and contact information. Upon receipt we'll confirm your entry and forward additional specific instructions regarding your participation in the half marathon.

### \*\*\*NEW\*\*\* FULL MARATHON COURSE DETAILS

The NEW full marathon course is a looped course. There are four spots where the full marathon differs from the half marathon course: the first one is the first turnaround on Jefferson Street past Laguna Drive and before Grand Avenue prior to Mile 2, the second is the second turnaround at the north city limits of Carlsbad just before the Oceanside south city limit, the third is on Carlsbad Boulevard after Mile 7 when the marathon continues south on Carlsbad Boulevard past Breakwater Road to La Costa Avenue for the first loop, and the fourth is after Mile 15 on Carlsbad Boulevard when the marathon turns around at Mountain View to start the second loop and continues south to Breakwater Road before turning and heading north to the finish. Please be sure you are familiar with the course map!

### FULL MARATHON COURSE TIME LIMITS

**There is a 6-hour time limit for the full marathon.**

All full marathon participants are required to maintain a 13:44-minute-per-mile pace or faster throughout the event. Full marathoners unable to reach Carlsbad Boulevard/Hwy 101 and Carlsbad Village Drive by 11:45 a.m. will be redirected to the finish line via an alternate route. These participants will use the sidewalk and be considered pedestrians. The diverted route will be marked with orange arrows and will equal the full marathon distance.

### \*\*\*NEW\*\*\* HALF MARATHON COURSE NOTE

The half marathon route is the same as in previous years; however, half marathoners will be running in the outermost lane of Carlsbad Boulevard from Mountain View Drive to Breakwater Way and back to Mountain View Drive while full marathoners will be running in the inside lane for that same stretch. The inside lane for full marathoners will be marked with delineators and barricade tape, signage and cones. Please be sure to stay in the outside lane not only as a courtesy to the full marathoners, but also because that is the way the half marathon route has been measured and certified.

## HALF MARATHON COURSE TIME LIMITS

**There is a 4.25-hour time limit for the half marathon.**

All half marathon participants are required to maintain a 19:27-minute-per-mile pace or faster throughout the event. All half marathon participants who are unable to maintain the required 19:27-minute-mile pace will be redirected at Carlsbad Boulevard/Hwy 101 and Carlsbad Village Drive to the finish line via an alternate route. These participants will use the sidewalk and be considered pedestrians. The diverted route will be marked with orange arrows and will equal the half marathon distance.

## HALF MARATHON WAVE START

We use a wave start for the half marathon and your bib number will have your wave number on it. All half marathoners, regardless of their indicated wave number, must be at the race start line at 7:45 a.m.

## ASSISTANCE, UNOFFICIAL PACING AND OTHER NO-NO'S

Cyclists, skaters, unofficial pacers, dogs or pets of any kind are not allowed anywhere on the course. For safety reasons, we discourage the use of headphones. **Anyone participating with a jogging stroller must stage in the very back of the pack regardless of wave number\* (\*half marathon).** You must be at the starting line when your race starts. Timing mats will be turned off shortly after the gun start and late starters will not be allowed. These rules are in place for your safety and will be enforced by the Carlsbad Police Department and course officials.

## TRI-CITY MEDICAL CENTER RACE DAY MEDICAL SUPPORT

There will be a medical tent on the course at Cannon Park. There will also be a medical tent in the secure, fenced-in finish line chute and one with self-serve ice and bandages in the middle of the Finish Line Festival area. If you experience a medical problem on the course, go to the nearest water station where a medical representative will be called to assist you. Physicians on bikes and Race Guards on foot will be monitoring the course - flag them down if you need help. If you are unable to finish the race, transportation back to the start/finish line can be called for you from every water station.

## OFFICIAL PACE GROUPS

Pace group leaders provided by Road Runner Sports will be in the full and half marathon to lead you through the race in your target time. All pacers will carry a sign showing their projected finish time and will be staggered accordingly throughout the start line corrals. Learn more [online here](#).

## GEAR CHECK

Check your gear inside the expo tent using the BLUE 16.5" x 14.5" CINCH BAG you'll receive with your race shirt. The cinch bag will have a white box to write in your bib number. If you don't want to write your number on the bag, write it on a piece of duct tape and place it over the white box. If you forget your blue cinch bag on race day, a plastic 15" x 12" bag will be provided. Backpacks and duffle bags will not be accepted. Do not check valuables and keep in mind we are not responsible for lost or stolen items. Bags must be claimed after your race. Do not discard gear at the start line. Any items left on the course or not claimed on race day from Gear Check will be donated to local shelters.

Secure lockers will be available for purchase from [Mobile Locker](#) onsite. Locker sizes vary and pricing ranges from \$5 to \$20. Look for the Mobile Locker truck on the west side of the Expo tent.

## FINISH LINE

As you approach the finish line, marathoners must stay to the left and half marathoners to the right until you cross the finish line and receive your appropriate medal. After your medal, you'll receive a Mylar blanket, water, your post-event Nom Nom bag and TruMoo Chocolate Milk (in this order). Keep moving through the finish line until you have completely exited the fenced-in area. The fenced-in finish line area is completely closed off to family and friends for the safety of everyone. This enables us to keep the crowd manageable in the event of a medical emergency. Security and staff will be on hand to keep people moving.

## NOM NOM BAGS

When you cross the finish line, you will be handed a pre-packed Nom Nom bag, filled with lots of love and nutritious and refueling foods - just what your body needs after your race!

## COURSE NOURISHMENT

Water will be served at approximately every mile along the course beginning with Mile 1 as well as at the start/finish line. Grape flavor Ultima®, our official energy replacement drink, will be available at every other station beginning at mile 2. GU Energy Gel will be available at approximately mile 4, 8, 10, 14, 16 and 23 for the full marathon and 3.5 and 10 for the half marathon.

## COURSE ENTERTAINMENT

From rock-n-roll to blues and jazz and just about everything in between, we've got a great lineup of talented performers who have agreed to get up early on race day to support your race.

## EVENT MESSAGES

Rehab United will be offering pre- and post-event massages during the Health & Lifestyle Expo and Finish Line Festival. [Click here](#) to prepay for your massage and for front-of-the-line privileges!

## BEER GARDEN

Registered participants over the age of 21 and displaying their bib number and proper ID are invited to visit the Ballast Point beer garden in the Finish Line Festival to receive a complimentary post-race beer (limited to one per person while supplies last). **Per our ABC permit, only registered participants age 21 & older with proper ID are allowed inside the beer garden, no exceptions.**

## OFFICIAL RACE MERCHANDISE

While at the expo be sure to shop our selection of beautiful Carlsbad Marathon, Half Marathon and Triple Crown memorabilia and souvenirs. A variety of quality and stylish apparel, hats and other items will be available.

## RACE DAY RACE RESULTS

Most results will be posted inside the expo tent on race day and will also be available [online](#) after the race.

## SHOE DRIVE

You are encouraged to bring all your retired shoes which will be collected by the South Oceanside Elementary PTO and donated to [Funds2Orgs](#). Just bring any and all unused and unwanted shoes from your closet to the Health & Lifestyle Expo where there will be a collection location just outside the entrance to the expo. Shoes can be donated on race day as well.

## OFFICIAL EVENT PHOTOS

MarathonFoto photographers will be stationed on the course, at the finish line and in the festival area. View photos online at [www.marathonfoto.com](#). The Carlsbad Marathon does not guarantee that each and every participant will be photographed.

## DISCARDED CLOTHING AND COURSE TRASH

Look for trash and recycling containers at every water station with additional containers located between stations for cups, gel packs and anything else you need to dispose of. If you must discard any clothing items during your race, do so only in available trash cans or at water stations where all collected items will be donated to local shelters.

## HALF MARATHON TRIPLE CROWN<sup>SM</sup>

The 2018 Half Marathon Triple Crown<sup>SM</sup> starts with Carlsbad. To start your journey just complete the Tri-City Medical Center Carlsbad Marathon or Half Marathon. Next register and complete both the La Jolla Half Marathon on Sunday, April 22 and the America's Finest City Half Marathon on Sunday, August 19. [Click here](#) to learn more.

## HALF MARATHON TRIPLE TRIPLE CROWN

Starting with the 2018 Half Marathon Triple Crown, participants will be eligible for a TRIPLE Triple Crown medal by completing the Half Marathon Triple Crown in three consecutive years. That's right, on year three you will receive TRIPLE bling at the AFC Finish Line Festival and at the end of the TRIPLE Triple Crown you will have received 13 medals!! [Click here](#) to learn more.

## AWARDS

Awards will be offered to the first three finishers, male and female, in the following age groups: 17 & under, 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79 and 80+.

If you're an age group winner, your award will be mailed to you approximately 2 weeks following the event.

Note: Awards will be based on net chip time and prize money will be based on clock time.

## FINISHER CERTIFICATES

Downloadable finisher certificates will be available approximately 2 to 3 weeks after the race. MarathonFoto will host this link on your individual photo page.

## LIVE TRACKING

Your family and friends can track you during your race. On race day, there will be a link to live tracking located on the [Carlsbad Marathon homepage](#).

## DRUG TESTING

Athletes participating in this competition may be subject to formal drug testing in accordance with USAT&F rules and IAAF Rule 55. Athletes testing positive for banned substances, or who refuse to be tested, will be disqualified from this event, and will lose eligibility from future competitions. Some prescriptions and over-the-counter medications contain banned substances. Call the USOC Hotline at 800.233.0393 for more information

## THANK A VOLUNTEER

It takes countless hours of hard work and the dedication and support of thousands to make this event happen. Volunteers will abound race weekend assisting you at every turn. Please take the time to thank them for their support.

## KIDS MARATHON MILE

The Kids Marathon Mile takes place the day before the marathon at LEGOLAND® California. Participants can run, walk, skip, or stroll this fun, scenic one-mile course through LEGOLAND®. Each registrant receives an event T-shirt and shiny finisher's medal, plus kids age 3 -12 receive a FREE 1-Day LEGOLAND®/SEA LIFE™ Hopper ticket to LEGOLAND® California and SEA LIFE™ Aquarium (a \$109 value valid 1/13/18 to 1/15/18 only, for children age 3 to 12). Learn more and register [online](#).

## INFORMATION

An information tent will be located just outside the expo tent where volunteers will be on hand to answer your questions.

## 2019 RACE DATE

Mark your calendar and save Sunday, January 20 for the 2019 Tri-City Medical Center Carlsbad Marathon & Half! Check your email after the race for special early pricing.



# Tri-City Medical Center

